



County of Marin Community Service Fund Program Application Form

Application Date August 13, 2021

Fiscal Year July 1, 2021 - June 30, 2022

Organization Information

Full Legal Name: Kids Cooking For Life

Organization URL: www.kidscookingforlife.org

Mission

Mission/purpose of your organization:

Founded in 2009 in Marin County, Kids Cooking for Life (KCL) inspires lifelong healthy cooking and eating habits through our free, after-school cooking and nutrition classes for children ages 10-18. KCL grew from a start-up class of 12 students to reaching approximately 10,000 students over 12 years.

KCL aims to enhance health outcomes in the low-income communities we serve. We recognize that both food insecurity and obesity, disparate as they may seem, are real challenges among families and individuals who are threatened by poverty. Food filled with refined grains, added sugars, and fats, are generally inexpensive, more palatable, and readily available in low-income neighborhoods. Since KCL's inception, we have seen how our classes have become the building blocks for our students' lifelong interest in good health, nutritious food, and a love for cooking.

Grant Request Information

Program/Project Name: Cooking to enhance Marin's Title One Schools

Summary description of your project:

KCL's free cooking classes are typically offered as an after-school activity, and held at our partner Title One schools. We invite the County of Marin to adopt two of the seven 8-week courses that we plan to teach from October 2022-June 2022.

Amount Requested Dollar: \$5,000.00

Total Project Cost: \$14,000.00

Description of the proposed project/program, including the proposed project's goal(s), and the nature of the costs in specific terms, i.e. materials, labor costs, etc. Specifics of how the requested County funds will be used.

Our cooking and nutrition classes use a dedicated curriculum developed by KCL instructors, many of whom are experts in nutrition, the culinary arts, agriculture & elementary education. Our classes emphasize our four pillars of nutrition: Lean on Protein, Be Sugar Smart, All-in with Whole Grains, and Eat the Rainbow. We use KCL-developed recipes that are relatable (family friendly), repeatable (easy to replicate) and reachable (budget friendly).

We use age-appropriate lesson plans detailing goals, learning objectives, list of supplies & support materials/handouts. Students are exposed to all aspects of food preparation & sanitation, learn about where our food comes from, master knife skills, learn to read and understand nutrition labels, learn about heart health, diabetes prevention and more. Instructors guide students through recipe reading, measuring, chopping and mixing, so that students prepare meals from start to finish. We keep teacher- student ratios small so no child is an idle observer in our experiential learning kitchen.

For our in-person classes (resuming this fall, in addition to virtual classes), County funds would provide each student with free fresh ingredients and basic tools needed, in addition to funding the instructor's time spent in the classroom. Instructors use kitchen equipment, including bowls, pots/pans, portable electric grills, cutting mats, knives etc. We have the unique flexibility to teach in any setting where there is a sink.

Last year, we pivoted to teaching our classes via Zoom. For our virtual Kids Cooking @ Home classes, KCL provides students with basic kitchen tools such as measuring cups and spoons, and they utilize their home kitchen equipment. KCL staff shop for ingredients, pack meal kits with the necessary fresh ingredients and special tools

needed for the day's cooking lesson, and deliver it to students. Meal kits contain enough for 4 servings so that there is enough to share with other members of the household.

List of all community interests that will be affected by the proposed project/program and the public benefit to be derived from it:

Research shows that low-income communities are more vulnerable to childhood obesity, Type 2 Diabetes, heart diseases and some cancers that arise out of food (and nutrition) insecurity. The KCL program addresses this through early education about nutrition, food and cooking as a means of empowering students to make good decisions about their food choices, giving them confidence to cook simple recipes, and helping them form life-long healthy habits.

Aside from the health aspect, we believe that KCL classes offer much more to the community of students we serve. Our classes incorporate all aspects of their education:

Science- learning about the human body, plants, the environment

Math- units of measurement, fractions,

Reading and Comprehension- guided reading and following instructions

Language- interactive learning enhances listening, understanding and speaking of a second language (English)

History, Geography and Culture - introduction of foods and recipes from around the world

We have also found that especially during this difficult time for the youth, the cooking classes contributed positively to mental health. Developing a skill such as cooking was a source of confidence, a means of coping positively with the isolation. It developed leadership and decision-making capabilities. Most of all, the KCL classes were FUN in a year full of uncertainty. All of this benefits the larger Marin community, as our children are the future.

The total amount received for the past three fiscal years:

Year	Amount	Project
2020 - 2021	\$0.00	
2019 - 2020	\$4,800.00	After School Cooking @ Laurel Dell Elementary
2018 - 2019	\$3,200.00	After School Cooking @ Novato Youth Center and Pickleweed Community Ctr

No County funding was received for this project or others.

Project/program can be completed if amount received is less than requested amount of Community Service funds.

Applicants are encouraged to leverage funding from other non-County sources, and priority will be given to requests that represent no more than 50% of total project cost. To demonstrate all sources of project funding, including other County sources, please provide a project/program budget below. Please fill in as applicable, and round to the nearest dollar.

Project Funding Sources	Funding Agency	Funding Requested	Received	Notes
County CSF		\$5,000		
Federal Grant				
State Grant				
Individual Contributions		\$2,400		
Other Local Agencies	Marin Charitable	\$5,000		<i>Have received past grants annually since 2013</i>
In kind services	Trader Joe's	\$1,600		<i>free groceries for our San Rafael classes</i>
Other				
Total Sources		\$14,000		
Project Expenses		Budgeted	Spent to Date	Notes
Personnel Costs		\$8,400		
Services and Supplies		\$5,600		
Capital		\$0		
Other				
Total Expenses		\$14,000		